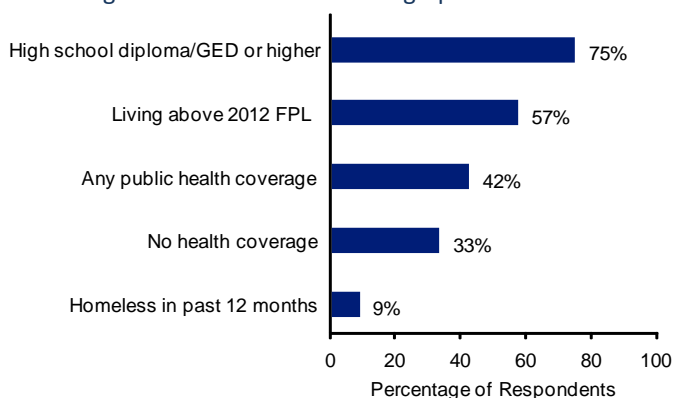


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of HIV-infected adults receiving care in the United States. Each year, in collaboration with CDC, a randomized sample of 400 patients are selected from HIV care providers throughout Virginia to participate in the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview data from 2012.

DEMOGRAPHICS

Data for two hundred twenty-eight respondents were included in analyses for the 2012 data collection cycle; and of these respondents, approximately 67% were male and 31% female. Three respondents (1.3%) self-identified as transgender. Most respondents were Black (63%), with smaller percentages for Whites (24%), Hispanics (10%) and respondents of another race/multi-racial (4%). Respondents' ages ranged from 20 to 69, with a mean of 47 years of age. Most respondents self-identified as heterosexual (57%), with 33% reporting sexual orientation as homosexual/gay/lesbian, and 10% bisexual. Respondents were likely to have completed high school or beyond (75%); and approximately 57% reported annual income that was above the 2012 federal poverty level (FPL).

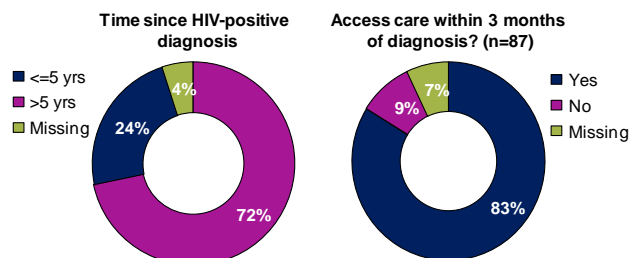
Figure 1. Selected Sociodemographic Indicators



TIME SINCE HIV DIAGNOSIS AND LINKAGE TO CARE

Of the 228 respondents, 54 (24%) reported being diagnosed HIV-positive within 5 years of their MMP interview date. The majority, 164 respondents (72%) reported being diagnosed HIV-positive more than five years before the MMP interview date. Of the 54 respondents diagnosed in the past five years, 83% reported accessing HIV medical care within 3 months of diagnosis.

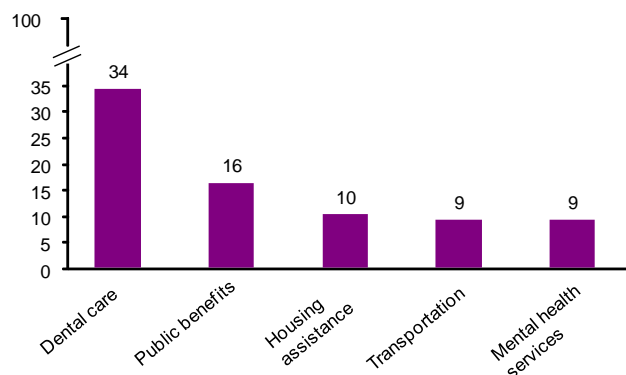
Figure 2. Linkage to Care



MET AND UNMET NEED

Respondents reported receiving a range of ancillary services during the 12 months prior to the interview. Services used most frequently included HIV case management (61%), dental care (49%), the AIDS Drug Assistance Program (ADAP, 49%), HIV/STD prevention counseling (41%), and public benefits (37%; e.g., Supplemental Security Income, Social Security Disability Insurance). Dental care services were the greatest unmet need reported by respondents. The most frequently cited barrier for dental care was service cost/lack of insurance (12%).

Figure 3. Top Five Unmet Services Needs



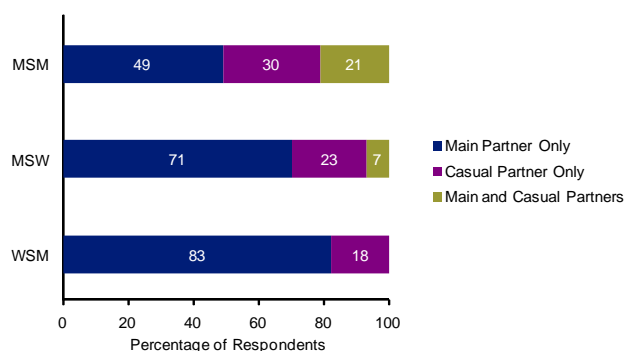
ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (93%) reported currently taking antiretroviral therapy (ART) medications. There were differences in ART use by age, with 19% of those between 18 to 29 not taking ART at the time of interview, compared to 5% of those 30 years of age or older. White and Black respondents were likely to report current use of ART (96% and 92%, respectively); and lower proportions were reported for Hispanic respondents (86%). Eighty-nine percent of those on ART said that they adhered to their dosing schedule most or all of the time in the past three days. However, only 29% said they never skipped taking their medications, and 20% said they missed taking their medications within the past four weeks. The most commonly-cited reason for the last missed dose was forgetting to take medication (44%), followed by having a change in their daily routine (25%). Of those who had taken ART in the past 12 months, 39% said ADAP had paid for those medications. Private health insurance was the second most common payment source (26%).

SEXUAL BEHAVIORS

Fifty-seven percent of all respondents reported having sex in the last 12 months (57% of males and 56% of females). Among male respondents, 37% reported having sex with other men (MSM), and 20% reported having sex with women (MSW). Among female respondents, 56% reported having sex with men (WSM). Median number of partners reported by MSM was similar to what is found with MSW and WSM; yet the range in the number of partners was different between MSM and MSW/WSM (MSM = 1-10, median = 1; MSW = 1-3, median = 1; WSM = 1-2, median = 1). Thirty-seven percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 33% of WSM and 28% of MSW.

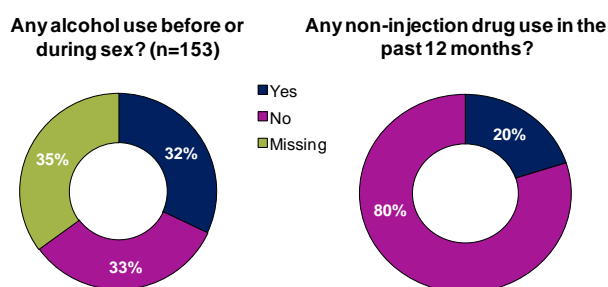
Figure 4. Sex Partner Type among Sexually Active



SUBSTANCE USE

The percentage of current daily smokers for MMP participants was above the state average for all smokers in Virginia (56% vs. 19%)[§]. Fifty-four percent of MMP respondents reported alcohol use in the past 30 days. In addition, 17% of MMP respondents reported binge level drinking on days that they drink (20% of males and 11% of females), as compared to 17% of all adult Virginians[§]. Interestingly, of the 153 respondents who reported drinking alcohol in the past 12 months, thirty-two percent reported drinking alcohol before or during sexual behaviors. Twenty percent of MMP respondents reported using non-injection drugs during the past year. For those reporting non-injection drug use, marijuana was the most frequently reported drug used (96%). Less than 1% of respondents reported injection drug use (IDU).

Figure 5. Substance use among MMP participants



PREVENTION ACTIVITIES IN PAST 12 MONTHS

Forty-five percent of respondents reported receiving free condoms from someone other than a partner, friend or family member in the past 12 months. Most (79%) received these free condoms from a doctor's office or other health clinic, while another 13% reported receiving free condoms from an HIV/AIDS focused community-based organization (CBO). In addition, 45% percent of respondents reported having an HIV or STD prevention conversation with a doctor, nurse, outreach worker, prevention program worker, or within a structured group setting.

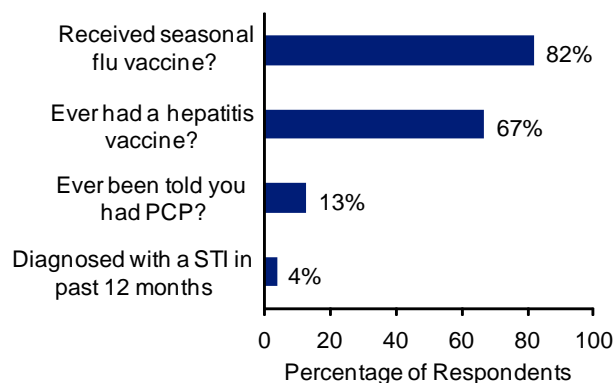
DEPRESSION SYMPTOM SEVERITY

Twenty-one percent (n=47) of MMP respondents met the criteria threshold for depression symptoms at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8). By gender, 20% of males and 23% of females met the criteria for depression symptoms. Rates of depression symptoms were highest for Blacks (22%), with Whites (17%) and Hispanics (14%) reporting lower proportions.

HEALTH CONDITIONS AND PREVENTIVE THERAPY

While 21% of respondents reported that their first CD4 count was ≥ 500 cells/mm³, an additional 40% did not know their first CD4 result. Five percent of respondents reported that their first viral load (VL) measurement was undetectable. For CD4 and VL tests, respondents reported having between 0 and 24 (median = 4) of each test type in the past year. Sixty-seven percent reported ever receiving a hepatitis vaccine, and 11% said they had received the human papillomavirus vaccine. Thirteen percent reported with a *Pneumocystis pneumonia* (PCP) diagnosis, and 4% said they had been diagnosed with a sexually transmitted infection in the past 12 months. Eighty-two percent received the seasonal flu vaccine.

Figure 6. Reported Health conditions and received vaccines



REFERENCES

§ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. MMWR 2013, 62 (1).